**STOP/INTREPID Teleconference: Wednesday, October 18, 2023, 1:00-2:00 pm**

# Land Acknowledgment:

* Identify the land you are joining us from today ([**https://www.whose.land/en/**](https://www.whose.land/en/))
* Video: [Bringing meaning and purpose to land acknowledgements](https://www.facebook.com/CentreforAddictionandMentalHealth/videos/bringing-meaning-and-purpose-to-land-acknowledgements/759567845184040/)
* [Truth and Reconciliation Calls to Action](https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls_to_action_english2.pdf)

Summary of Oct 4 meeting:

* News items; STOP Data partition wrap-up; Cochrane review on Pharmacological and electronic cigarette interventions for smoking cessation in adults

# TEACH Updates:

* [Self-study courses](https://teach.camhx.ca/moodle/)
* [First Nations IT’S TIME Toolkit is now available in French](https://www.nicotinedependenceclinic.com/en/teach/Pages/TEACH-FNitstimetoolkitFR.aspx)

Teleconference schedule updates:

* Beginning on November 1, we will be shifting to **one regular teleconference** per month (1st Wednesday of each month)
* These will use the **same meeting link** (*will be sent before the Nov 1 teleconference*)
* We will still schedule irregular meetings throughout the year – Nov 15 @1:00 pm

# 2023 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ~~January 11~~ |  | ~~February 1~~ | ~~February 15~~ |
| ~~March 1~~ | ~~March 15~~ | ~~April 5~~ | ~~April 19~~ |
| ~~May 3~~ | ~~May 17~~ | ~~June 7~~ | ~~June 21~~ |
| ~~July 5~~ | ~~July 19 cancelled~~ | ~~August 2~~ | ~~August 16 cancelled~~ |
| ~~September 6~~ | ~~September 20~~ | ~~October 4~~ | ~~October 18~~ |
| **November 1** | **November 15 – special Q&A session** | December 6 |  |

# STOP Updates:

* We’d like to hear more from our Community of Practice about which topics/items they find most relevant for us to cover
  + We will come up with a way to systematically collect feedback

# 26 week STOP Program – survey updates taking effect on October 28, 2023

# 12-month follow-up 🡪 will be changed to align with 6-month follow-up

# Visit form – addition of new questions regarding e-cigarette use and other commercial tobacco/nicotine use

# Paper visit form will be updated to reflect changes

# [STOP practitioner resource page](https://www.nicotinedependenceclinic.com/en/stop/implementer-resources)

# [Fundamentals of Tobacco Interventions - Geriatric Considerations](https://edc.camhx.ca/redcap/surveys/?s=NAJWLMMDK79CPPEM)

General Q&A:

**Q: Where can we register for the FTI – Geriatrics Considerations course?**

A: You can register here: <https://edc.camhx.ca/redcap/surveys/?s=NAJWLMMDK79CPPEM>. The registration form can also be accessed through our Implementer Resources page: <https://www.nicotinedependenceclinic.com/en/stop/implementer-resources>.

**Q: Do you have any posters to share with LTCs to promote joining the STOP Program**

A: Yes, our poster can be found here: <https://www.nicotinedependenceclinic.com/en/stop/Documents/LTC%20Poster.pdf>

**Q: Can we promote the FTI Geriatrics course through our own organization’s email list?**

A: This course is currently available for STOP implementers. Please only share with your staff who are part of implementing the STOP Program. For more information, you can contact Carolyn at [stop.ltc@camh.ca](mailto:stop.ltc@camh.ca).

**Q: If someone is only vaping (no cigarette use), how do I complete the visit form?**

A: As of Oct 28th, the visit form will be updated to include questions about e-cigarette use. Questions 1-5 are specific for cigarettes (they are mentioned explicitly in each question). The next two questions pertain to e-cigarettes and the last question is applicable to everybody.

**Q: If someone is using e-cigarettes AND cigarettes, how can we follow the algorithm to decide what dosage of patches they need?**

A: There is currently no algorithm available through STOP that takes into account e-cigarette use. Our current vaping resources (“Pharmacotherapy recommendations for vaping cessation” and “Expert considerations in the off-label use of NRT”) can be found here: <https://www.nicotinedependenceclinic.com/en/stop/implementer-resources>.

Suggestions from practitioners**:**

* We use a calculation about the amount of nicotine, then dose according to that amount
* Start with NRT for the cigarettes alone and then see how the vape use is impacted (does it increase, can they use it as a cessation aid, do I need to increase NRT, etc.)
* Note: even if practitioners are aware of how much nicotine is in the vape, unless user is counting ALL inhales, practitioners are still left to ‘guesstimate’

This and similar questions can be asked at our November 15 teleconference where we will have clinicians available to respond.

**Q: Any news on when the patch “sleeves” are going to come back?**

A: STOP currently has boxes available at this time.

**Q: I had a client recently react to the menthol in both the nicotine gum and lozenges. Do you think the program will ever get different flavours?**

A: Currently, we have the mint-based flavours and if anything changes in the future, we will be sure to let you know.

**Q: Are there any alternative patches? I have many patients complaining about the adhesive of the Nicoderm ones.**

A: At this time, our patch supply is Nicoderm only. Some suggestions to help with adhesive irritation and/or lack of stickiness:

* Cut pantyhose/socks to help keep patches on
* Apply the patches on the hip, avoid right under the waistband (as per Rx TX resource)
  + Patients do okay with over-the-counter hydrocortisone 1%; some have used 1-2 sprays of fluticasone puffers before applying

Practitioners mentioned trying to get coupons from J&J and/or Sample Cupboard for medical supplies: <https://hcp.samplecupboard.com>. The latter requires an NP or MD to sign up and each box has NRT samples plus a $10 coupon.

**Q: Does CAMH have information on Füm or ZONNIC?**

A: We asked our experts who work with youth: they have no experience with any patients to date using ZONNIC, although it is approved as a natural health product for adults only. These are nicotine pouches, modelled off of a Swedish product, and similar to short-acting NRT such as lozenges. They are owned by a tobacco company.

* ZONNIC – natural health product, advertised as a form of nicotine replacement therapy: <https://www.zonnic.ca/>
* Füm – flavour diffuser and essential oils advertised as a replacement for e-cigarettes: <https://tryfum.ca/>
  + Could act as a fidget toy, to help with habit of having a cigarette in one’s hand

**Q: What do we do if a client becomes addicted to NRT?**

A: We will post this to our TEACH listserv – stay tuned for a response (instructions on how to join below)! Treatment may involve behavioural strategies and/or use of varenicline. We can also make a note to ask this at our upcoming November 15 teleconference.

*The****TEACH Listserv****is a way for you to network and share information around cessation counselling. Join over 800 health care providers in sharin​​g and discussing current events, cutting edge research, and the latest changes in the health field!​​*

*If you are interested in subscribing, please have a read through of our*[*TEACH ​Listserv Guidelines*](https://www.nicotinedependenceclinic.com/en/teach/PublishingImages/Pages/TEACH-Connect/TEACH%20CoP%20Listserv%20Guidelines.pdf)*.​*

***To subscribe, simply send an email from your preferred e-mail address to:***[***teach-request@info2.camh.net***](mailto:teach-request@info2.camh.net?Subject=subscribe)***and write 'subscribe' in the subject line of your e-mail.​***

*You will receive a message confirming your subscription, as well as instructions on how to post or unsubscribe - it's fast and easy!​​​*

News:

# [Scientists Confirm Decriminalizing Drugs Doesn't Increase Overdose Deaths](https://www.newsweek.com/decriminalizing-drugs-no-increase-overdose-deaths-1830265)

# [What's the unhealthiest part of Canada? A study looked at obesity, cancer and stress](https://ca.style.yahoo.com/healthiest-province-territory-canada-study-180020094.html?guccounter=1)

[AI will be critical for the future of rural health care in Canada, experts say](https://ca.news.yahoo.com/ai-critical-future-rural-health-100000609.html?guccounter=1)

Fun Stories:

[**Healthcare professionals can now prescribe a trip to your Zoo to improve mental and physical health**](https://www.parkprescriptions.ca/)

* [Toronto Zoo | Press Releases](https://www.torontozoo.com/mediaroom/press2023/20230927)

Fun Poll:

***If you worked in the Raptor marketing team, which event would you promote?***

* ***X-Men day*** *15/46 = 33%*
* ***John Wick & dog day 15/46 = 33%***
* *Ken-ough and Barbie day 10/46 =22%*
* *Other, these are terrible 6/46 = 12%*

# Quote of the day:

*Thank you very much for this opportunity to quit smoking and reclaim my life. I know very well that I will never ever smoke another cigarette.I feel that I have been set free from that addiction. I can breathe easier and I will be more active and exersize and all of the fun stuff that I have been missing out on.I say it again. Thank You , Thank You , Thank You*

# Attendance:

# Access Alliance CHC

# Algoma PHU

# AMHS-KFLA

# Arnprior and District FHT

# Athens FHT

# Bancroft FHT

# Barrie and Community FHT

# Beamsville Medical Centre

# Black Creek CHC

# Blue Sky FHT

# Carea CHC

# Carefirst FHT

# Carepoint CHC

# Carlo Fidani RCC

# Central Lambton FHT

# Chatham-Kent FHT

# Chatham-Kent PHU

# CHIRS

# City of Lakes FHT

# CMHA Algoma

# CMHA Toronto

# Compass CHC

# Durham Region PHU

# Fort William FHT

# Georgian Bay FHT

# Good Shepherd Homes

# Grand Bend Area CHC

# Grandview Medical Centre

# Guelph FHT

# Haldimand FHT

# Halton ADAPT AA

# Halton Regional PHU

# Hamilton-Niagara CHC

# Hamilton PHU

# Hastings Prince Edward

# Health for All FHT

# Humber River FHT

# Huronia NPLC

# Inner City FHT

# Jane-Finch FHT

# Kingston CHC

# Leeds and Grenville FHT

# Leeds and Grenville PHU

# London InterCHC

# Lower Outaouais FHT

# Mackay Manor AA

# Maitland Valley FHT

# Middlesex-London PHU

# Monarch AA

# N’mninoeyaa AHAC

# Niagara North FHT

# Niagara Region PHU

# North Durham FHT

# Northeastern Manitoulin FHT

# Northumberland FHT

# Owen Sound FHT

# PAARC AA

# Peterborough FHT

# Powassan FHT

# Queen’s FHT

# Queen’s Square FHT

# Rainbow Valley CHC

# Rideau CHC

# Sandy Hill CHC

# Scarborough Academic FHT

# Scarborough Centre CHC

# Sherbourne FHT

# Six Nations AHAC

# Smithville FHT

# Somerset West CHC

# South Georgian Bay CHC

# Stratford FHT

# Sudbury PHU

# Summerville FHT

# Taddle Creek FHT

# Temiskaming CHC

# Thunder Bay PHU

# Twin Bridges NPLC

# Upper Canada FHT

# Vaughan CHC

# West Carleton FHT

# West Champlain FHT

# Windsor-Essex PHU